

Environmental Asthma Triggers in Montana

Results of the Montana Asthma Advisory Group Discussion on March 6th, 2009

At the March 6th, 2009 MAAG meeting, workgroup participants were asked to vote on the environmental asthma triggers they believe to have the greatest effect on public health in Montana. Participants were tasked with selecting asthma triggers that are common in Montana, have a known affect on health and can be effectively mitigated via public health intervention. Participants ranked triggers as either important, not important or of undetermined significance. Triggers that received more than the average number of votes in each category are listed below with the total number of votes received in parentheses. This data will be used to begin unifying the public health messages that the Montana Asthma Control Program and its partners send out to the public.

Important environmental asthma triggers in Montana	Triggers of undetermined importance, requiring more data and surveillance	Less prevalent triggers in Montana, of less importance to public health**
<p>Allergens</p> <ul style="list-style-type: none"> • Mold (10) • Household pets (7) <p>Irritants</p> <ul style="list-style-type: none"> • Tobacco smoke (16) • Cleaning sprays, perfumes and other VOCs (9) • Respiratory Infections (8) <p>Also receiving votes: Wildfire smoke, exercise and outdoor pollution</p>	<p>Allergens</p> <ul style="list-style-type: none"> • Mold (5) • Dust mites (3) • Pests (mice, rats etc) (3) • Outdoor allergens (pollen) (3) <p>Irritants</p> <ul style="list-style-type: none"> • Cleaning sprays, perfumes and other VOCs* (6) • Nitrogen Dioxide (6) • Outdoor pollution (inversions, vehicle exhaust etc) (5) • Wildfire smoke (4) <p>Also receiving votes: Household pets, exercise, and respiratory infections</p>	<p>Allergens</p> <ul style="list-style-type: none"> • Cockroaches (13) • Dust mites (10) • Outdoor allergens (4) • Pests (mice, rats etc) (3) <p>Irritants</p> <ul style="list-style-type: none"> • None <p>Also receiving votes: Pets, exercise, cold weather, and nitrogen dioxide</p>

*Volatile Organic Compounds

**Triggers listed in the "less prevalent" category likely do affect some individuals with asthma in the state, but are of reduced public health importance.